

Yummy & Healthy Grocery List For Weight Loss



Healthy Proteins | Love



Vegetables | Love

Yummy & Healthy Grocery List For Weight Loss



Fruits I Love



Healthy Dairy I Love

Yummy & Healthy Grocery List For Weight Loss



Healthy Grains | Love



Healthy Snacks | Love

Yummy & Healthy Grocery List For Weight Loss



Healthy Drinks | Love



Fats/Condiments | Love

Yummy & Healthy Grocery List For Weight Loss



Healthy Sweets | Love

Healthy Extras | Love

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Healthy Sweets | Love



Healthy Extras | Love

Vegetables To Buy



Broccoli	Corn	Tomatoes
Mushrooms	Carrots	Peas
Brussels sprouts	Cauliflower	Asparagus
Green beans	Beans	Lentils
Chickpeas	Cucumber	Corn
Squash (technically a fruit but whateves)	Turnip Greens	Sweet Potatoes

Fruits To Buy



Apricots

Banana

Cantaloupe

Cherry Fruit

Date Palm

Avocado

Clementines

Grapes

Grapefruit ,

Honeydew
Melon

Lemons

Limes

Oranges

Mandarin

Mangos

Healthy Drinks To Buy



Freshly
squeezed juice

Water

Wine

Coffee

Tea

Vegetable
Juice

Healthy Grains To Buy



Whole
Wheat

Whole Oats

Rice (not
instant)

Whole Rye

Whole-
Grain Barley

Buckwheat

Quinoa

Couscous

Healthy Proteins To Buy



goat

salmon

tuna

steak

any fish

poultry (light or
dark)

shrimp/seafood

bacon

ground beef
(90/10)

Healthy Dairy To Buy



Yogurt

Milk (try to get whole/unpasteurized, raw, organic)

Full fat unshredded Cheese

Ghee

Buttermilk

eggs

Parmigiano Reggiano (Parmesan)

Roquefort

Sour Cream

Gruyere

Feta

Mozzarella

Cream

Gorgonzola

Ricotta